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Alana Keleigh with Carl, her van.
 JENNIFER FRIESEN/FOR METRO



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2016 CANADIAN CENSUS

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CALGARY



Lot 02-14: Laned Home, Net Zero 'Contemporary', 1,704 Sq.Ft. \$519,990 3 bed, 2.5 bath

Included Upgrades: 9' main floor, the next step, tray ceiling in master, double detached garage, rec room ready pkg, upgraded lighting (LED pot lights, valance and puck, energy star ceiling fans, LED bulbs), knockdown ceiling, security system, speaker system, upgraded plumbing fixtures and faucets, upgraded mirrors, master cabinetry kitchen (upgraded cabinets and crown, double waste bin, cabinet valances, faux doors to island, furniture base to island, taller range cabinet, glass doors with matching interiors, additional pot and pan drawer, pantry in lieu of base and upper, undercounter built in microwave), cabinets with laminate countertop in laundry room, upgraded hardwood, paint, casing, interior door style, hardware, backsplash, floor tile, wall tiles, listello, undermount silgranit kitchen sink, titanium shelving and carpet with 10lb underlay, oak railings with stain grade spindles, closet organizer, quartz counter tops.



Lot 11-21: Village Home The Swing 'Contemporary', 1,410 Sq.Ft. \$279,990 2 bed, 2.5 bath

Included Upgrades: Pot lights in kitchen and over main tub, upgraded kitchen cabinets and paint colour, upgraded quartz in ensuite and kitchen, upgraded carpet on upper floor and stairs, upgraded faucet in powder room, subway tile backsplash in kitchen.



Lot 14-01: Urban Townhome The Opus Corner 'Craftsman', 1,361 Sq.Ft. \$401,990 3 bed, 2.5 bath

Included Upgrades: Rec room ready pkg, pot lights in kitchen, TV ready wall, knockdown ceilings, fridge cold water line, pot light in main tub, special edition tiles on floor and walls in bathrooms, laminate, quartz in ensuite, upgraded backsplash tiles in kitchen and bathrooms.



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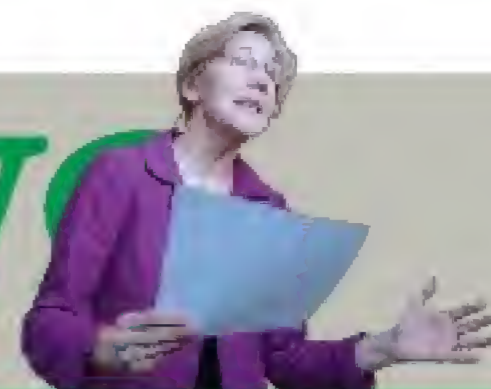
Lot 18-10: Double-Car Garage Home The Kingsley 'Prairie', 1,758 Sq.Ft. \$429,990 3 bed, 2.5 bath

Included Upgrades: 9' main floor ceiling, rec room ready pkg, gas fireplace and hardwood in great room, bath oasis, metal spindle railing, master cabinetry pkg, full height cabinets, knockdown ceilings, upgraded carpet and trim, tile in all wet areas, granite and upgraded backsplash in kitchen.



Lot 19-03: Double-Car Garage Home The Garnet 'Colonial', 2,255 Sq.Ft. \$479,990 3 bed, 2.5 bath

Included Upgrades: 9' main floor with 8' doors, great room open to foyer, bath oasis, rec room ready, pot lights, ensuite glass shower and quartz, under cabinet lighting, full depth fridge upper, upgraded maple painted full height cabinets and railings, upgraded carpet, hardwood, washer/dryer and blinds.



2016 CANADIAN CENSUS

Growth in core, outer edges

POPULATION

City's plans to densify may be working



Brodie Thomas
Metro | Calgary

Calgary is growing quickly, but it's not necessarily expanding outward in the way you might think.

The first round of data released from last year's national census shows a ring of declining communities in Calgary's suburbs, surrounding the downtown area.

Communities such as Brentwood in the north and Canyon Meadows in the south saw negative growth, while the overall city saw 13 per cent growth over five years.

The core has seen continued growth, and many new communities at the edges of the city are also registering growth as new builds go up.

University of Calgary economist and general number cruncher Trevor Tombe said when it's mapped out, it's visually stark.

He noted the trend across Canada is to see growth in areas that are already dense.

"Chestermere, Cochrane, Airdrie — are all growing at these very rapid rates," he said. "So we have this interesting dynamic here where cities around

major cities like Calgary are growing faster, but then within the city, you're having, on average, a concentration in the core."

Tim Reid, owner of Phoenix Real Estate Investing, said this data matches up with the trends he's seeing in the market.

Through the downturn especially, he's seen people 'trading up' their homes and moving to slightly pricier digs closer to the core.

Also, he said, lot prices are down, and people are buying outside the city and building their dream homes.

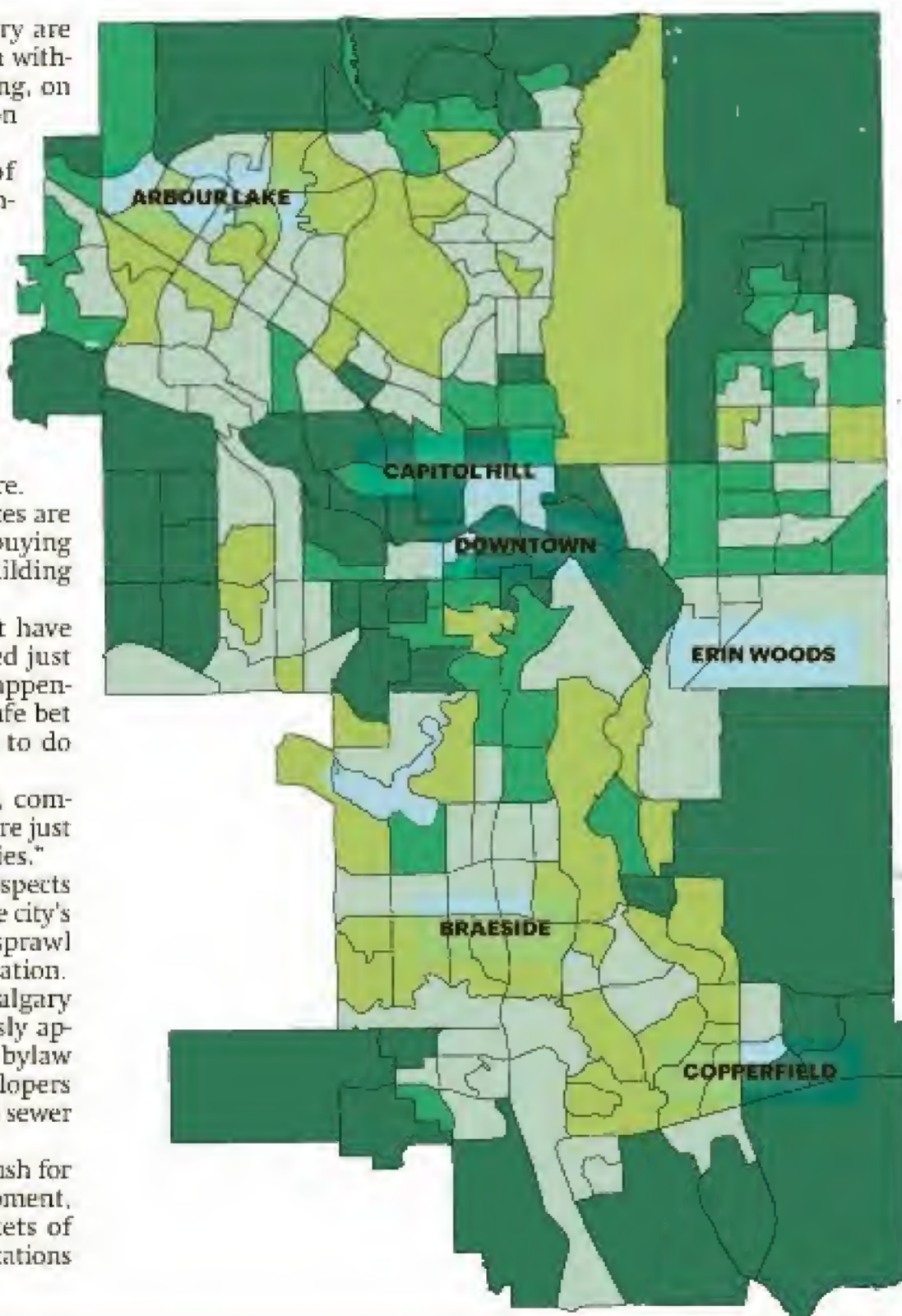
Tombe said we don't have the census data we need just yet to say why that is happening, but he said it's a safe bet that it has something to do with immigration.

"If you're a migrant, coming in from abroad, you're just tending to locate in cities."

The other thing he suspects may be causing this is the city's own efforts to combat sprawl and encourage densification.

In February 2016, Calgary city council unanimously approved an off-site levy bylaw that would charge developers the full cost of water and sewer on new developments.

There's also been a push for transit-oriented development, which allows for pockets of density close to CTrain stations and major bus routes.



MAPPED

Calgary's rate of growth

This map of census tracts in Calgary shows how areas close to the city centre and on the fringes have seen rapid growth over five years (+10 per cent) while some suburban communities have shrunk in population.

- 10% or more
- 5.0% - 9.9%
- 0.0% - 4.99%
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Garland tried to sneak back on to farm: Police

TESTIMONY

Strike-force unit team members saw him running away into tall grass field



Lucie Edwardson
Metro | Calgary

In the early hours of July 14, 2014, while under surveillance by the Calgary police, Douglas Garland attempted to return to his family's farm, court heard Wednesday.

Douglas Garland, 57, is charged with three counts of first-degree murder in the summer 2014 deaths of Alvin and Kathy Liknes and their five-year-old grandson Nathan O'Brien.

Court heard Wednesday from two members of the Calgary Police Service Strike Force Unit—CPS surveillance team.

The officers told jurors of how they were tasked with following "T5"—code for Douglas Garland—in July 2014.

On the night of July 13 into the early hours of July 14, the

officer detailed tailing Garland when, after purchasing a flashlight and gloves from Walmart, he drove past his family's farm before ultimately attempting to walk onto the property from a back road.

Const. Richard Massicotte said a marked police car already on the farm moved towards Garland and shone their lights at him.

Massicotte said Garland took off, running away from police into the tall grass, with two officers in pursuit.

"They kept saying he was 10 feet in front of them, 15 feet in front and we were wondering how they hadn't caught him," he said, adding Garland then tried to hide in the tree line.

Massicotte says he and other members of the Strike Force Team figured out why as they drove into the grass in a truck—becoming engulfed in the thick pasture.

Once at the treeline, Massicotte said HAWCS shone their lights down at the area. He said he could hear Garland in the bush, and called him by name to surrender.

"Douglas Garland, this is city police. Come out of the bushes," Massicotte told court he yelled. Garland then emerged from the bushes and was arrested.



Douglas Garland was caught sneaking back onto his family farm in the early hours of July 14, 2014, after he was initially released from custody. PHOTO CREDIT IN SMALL CAPS

EXPERT WITNESS

Blood showed signs of 'cleanup' in kitchen

Gruesome evidence given by a blood spatter analyst in the Douglas Garland triple-murder trial Wednesday painted a horrific scene in which swabs of the blood from the Liknes home returned DNA results for all three victims.

Acting Sgt. Jodi Arns, a blood spatter analyst for the Calgary Police Service, detailed blood patterns—drips, wipes, transfers and spattering—found throughout the Liknes home in June 2014.

In a gut-wrenching moment, Arns told the court of a blood transfer at the top of the stairs of the Liknes home second floor landing. Arns said that because of the presence of "friction ridges" she believes the transfer stain to be from a hand.

DNA from the stain returned with mixed results, matching profiles for Kathryn Liknes, and five-year-old Nathan O'Brien.

Blood found in the spare bedroom was primarily a DNA match for Kathy, while small drops from a sheet matched Nathan's DNA.

In the master bedroom, more pools and spatters of

EVIDENCE

Spatter consistent with blunt object trauma

Sgt. Arns said the blood spatter pattern was consistent with being hit with a blunt object, and wasn't from a gunshot. Arns said it appeared someone tried to clean up blood in the kitchen by mopping or wiping it. METRO

blood, this time primarily matching Alvin's DNA.

On a landing leading into the garage, blood swabs matched DNA for both the Likneses.

Arns key conclusions from the blood within the Likneses home was that Alvin and Kathy had both been hit, at least once—but likely more—with a blunt object, and had been moved three or four times each. In the kitchen, blood tested matched the DNA profile of Kathryn. Arns said there were "signs of a cleanup," and she thought some of the blood had been wiped or mopped up.

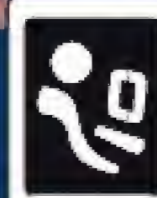
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Council boardroom, hall renovations draw criticism

POLITICS

City maintains taxpayer dollars were well-utilized



Helen Pike
Metro | Calgary

It's modern, energy efficient and complete with economically chosen finishes, but for some, the Italian-tiled renovated space isn't sitting well.

On Monday, councillors were ushered off to their new meeting space. An in-camera boardroom was part of a \$2.65-million revamp undertaken by the city that suddenly found itself short on meeting space after historic City Hall was shuttered for a four-year renovation.

To the city, a recently unveiled renovation to the old, unused cafeteria space is worth every penny, but the public and tax advocates don't all see it that way.

"The cost on a square foot basis is absolutely in line," said Darrel Bell, director of Corporate Properties and Buildings. "In my report to council the cost-saving in time and dollars (for the city hall project)

... this is a sound investment and it lives beyond historic City Hall. It's an amenity that the city will continue to use far into the future."

Bell said that in four years, once Old City Hall opens after renovations, the in-camera room will continue to be used as council's private meeting place. The power reception hall will be used much more widely.

But for Paige MacPherson, Alberta director of the Canadian Taxpayers Federation, the city's giving citizens another tough pill to swallow. This time it's coming in the form of a new boardroom where she said decisions about tax dollars are made behind closed doors.

"If they want to have a meeting space for their secret meetings, the number of which we know are increasing over the years, and they want all the frills — well, that costs money," MacPherson said.

She said it would be encouraging to see the city cutting back in other areas in order to allocate cash to projects, like the cafeteria renovation.

"They've slowed the growth of spending," said MacPherson. "It begs the question: is this a core service, or at the very least could council have cut back on the frills of their fancy renovation?"

Although the city told Metro the finishes and fixtures chosen for the space, including LED fixtures and Italian-made Canadian-distributed bathroom tiles, were economical, the city wasn't able to produce a cost breakdown.

"The construction manager for the project was responsible for the finishes under the contract with the City," read a city issued statement. "As result we cannot provide a cost run down of each finish selected."



The City of Calgary has renovated vacant space where the Civic Cafeteria once was and turned it into a board room and reception hall area.

METRO

LGBTQ ISSUES

Neutral restrooms needed: Activist

A missed opportunity.

That's what a trans woman who was formerly running for council has to say about the city's decision to renovate a reception hall and boardroom with male and female bathrooms instead of a gender-neutral option.

The newly minted meeting space has multiple stall bathrooms, clearly signed for each gender, but because of council's direction on single stalls, a gender-fluid option wasn't considered.

According to the city, there's a gender-neutral washroom right across from the entrance to the new space. It's lockable, single-use and signed — all points that tick the box for the council-directed policy to have gender-inclusive facilities.

But Amelia Marie Newbert, co-president of the Trans Equality Society of Alberta, said this is a prime example where the City of Calgary could have taken a progressive step.

"I recognize that the funding and plans for this renovation were created and approved long before the city made the commitment to creating gender-inclusive spaces," Newbert told Metro. "There was a really great chance for the city to be proactive."

She said over the past months the community has worked to ensure respectful signage is posted for gender-neutral facilities, even suggesting potential policies for gender-inclusive facilities.

Although the original notice of motion was brought forward by Coun. Brian Pincott, Coun. Sean Chu has recently been vocal about change coming from within the city.

"I thought we were supposed to go for gender-neutral," said Chu. "I've always said we should lead by example." HELEN PIKE/METRO

RENOVATIONS

The renovations were lumped in with \$34M being spent to restore Old City Hall.

The city has had to find new spaces for meetings and offices while the four-year restoration is underway.

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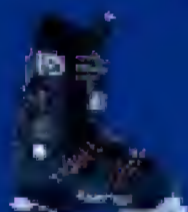
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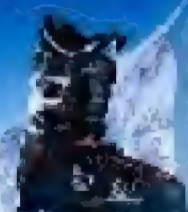
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WEATHER

Snow parking ban lifted after 60 hours



Brodie Thomas
Metro | Calgary

It was the first time in three years the city had to enact a snow route parking ban, but 60 hours was enough to get the job done.

The city lifted its parking ban as of 6 a.m. Thursday — 12 hours ahead of the automatic 72-hour limit on a snow route parking ban.

As of 3:30 p.m. Wednesday, the Calgary Parking Authority had handed out 3,500 tickets in relation to the parking ban, according to Mike Derbyshire, general manager of the CPA.

Only 11 vehicles had to be towed to make way for snow-clearing equipment.

Some of those tickets were for people parking on snow routes that had been cleared. The rules do not allow anyone to park on a snow route during

the ban, even after snow has been cleared.

Coun. Andre Chabot wondered about the city's approach to clearing.

They city's 311 service received 704 calls for snow and ice control, and 47 calls for sidewalk problems, according to Chabot.

"We've got a limited budget to work with," said Chabot. "I get that it's a challenge, but I think our methodology needs

to be reassessed."

He wondered if instead of using "pickle" — a salt brine that doesn't work well at extremely cold temperatures — the city could try more sand to provide traction.

"I've driven through Edmonton quite a bit over the years," said Chabot. "I found their streets seem to be way dirtier than ours. Having said that, I found the product they were using is quite effective as well."



Ahmed Mohamed Farah, one of four men charged in the murder of Trevor Lomond, is taken into custody by Calgary police on Tuesday night. COURTESY CBC CALGARY

Four charged with murder

CRIME

One accused in Lomond case arrested at airport

Four people have been charged with first-degree murder from a 2016 homicide that investigators believe was motivated by money.

Trevor Lomond was found unconscious at a Calgary residence on Sept. 13, 2016.

He died from his injuries approximately one week later.

Investigators believe the homicide may have been over a possible outstanding debt, according to Insp. Don Coleman with the Calgary Police Service's (CPS) Major Crimes Section.

"The investigation has determined that Lomond was kidnapped and brought to that residence," Coleman said at a press conference on Wednesday.

It is believed the victim and four accused knew each other.

"As far as intention or motive, the accused aren't co-operating at all, and they're the only ones who would know what their intent was," Coleman said.

Three of the suspects were arrested "at various locations" in Calgary on Tuesday.

The fourth man was apprehended as he was preparing to leave Canada from the Edmonton International Airport, in an effort to avoid arrest.

"(His departure) would have been, I'm sure, within a couple of hours," Coleman said, adding that Edmonton police and several other agencies helped coordinate the arrest.

Mohamed Abdullahi Hassan, 30; Abdulrizak Osman Jeyte, 30; Mahad Liban Dirir, 31; and Ahmed Mohamed Farah, 32, are charged with one count each of first-degree murder.

Farah is scheduled to appear in court on Friday, Feb. 10. The other three will appear on Feb. 22. METRO

APPARENT HOSTAGE SITUATION

One man in custody in Pincher Creek standoff

One man was taken into custody over an early morning incident in Pincher Creek on Wednesday. RCMP announced around 1 p.m. an arrest had been made by the Emergency Response Team.

The RCMP confirmed shots were fired and a nearby high school

was closed prior to any students arriving.

A Pincher Creek resident, who Metro agreed to refer to as "SD," lives near the area and said it was an apparent hostage situation involving a man in his 50s. She didn't know who was being held hostage, but she believed the incident may have also involved a dog. METRO

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Sudi Barre manages the Hawa Tako program, which is keeping Somali Canadian children out of Alberta's child welfare system. KEVIN TUONG/FOR METRO

'Enough', Somali community says

CHILD WELFARE

Group steps up to keep kids out of state care



Kevin
Maimann
Metro | Edmonton

Members of the Edmonton Somali community got so used to watching officials take their children into custody in Alberta's child welfare system that they decided to do something about it.

Enter Hawa Tako. "There's constant fear that the children are going to be taken away," said Sudi Barre, a project manager with Hawa Tako, named for a female Somali freedom fighter, a program that works to keep kids from going into supervised care.

"A lot of times it comes down to misunderstandings, or not fully understanding Canadian parenting norms and what's

expected from the greater community and mainstream society."

The Alberta Somali Community Centre developed Hawa Tako in response to a disproportionate number of Somali kids being apprehended, as parents struggled to navigate a new landscape after coming from dramatically different living situations, sometimes from refugee camps.

It's not just the Somali community that is facing problems with the system. Several parents have told Metro that Child and Family Services took their children unnecessarily and placed them in foster homes, and the fight to get them back can be costly and complicated.

In this series, Metro is examining the system from multiple angles.

Barre recalls the story of one Edmonton mom who would have been deported and lost her three kids to foster care if not for the work of the Somali community group.

She said the woman struggled

to get help from social agencies or even find a place to rent without Canadian status.

Complicating matters, she said, her kids could not go to her former partner, as he was abusive and she had a restraining order against him. She had no other family in the country.

But through Hawa Tako, Barre was able to work with Child and Family Services to keep the woman and her children together at home.

"Over the last year-and-a-half we've completely turned around that picture for that family," Barre said.

Hawa Tako gets provincial funding and is one of the hidden success stories emerging in Alberta's long-troubled child welfare system, which is currently being reviewed by a ministerial panel following high-profile deaths of children in government care.

Barre said no Somali children have been apprehended in Edmonton since it launched in May 2014, "and that's something we're very proud of."

POLICE

Perjury 'a very serious offence'



Alex
Boyd
Metro | Edmonton

Edmonton Police charged one of their own with perjury Wednesday after a constable within their ranks allegedly gave information as evidence in traffic court that possibly incriminated him.

Alberta Serious Incident Response Team Executive Director Susan Hughson said the organization started investigating Const. Michael Crane on Nov. 25, 2013, following allegations that originated from his pre-employment polygraph exam and an interview for a position in a different police service.

On Nov. 9, 2013, during the polygraph test, it's alleged Crane disclosed information that, "if believed, could constitute criminal offences," including information regarding evidence given at a previous traffic court proceeding.

Officials said that unnamed police service then notified Edmonton Police.

Hughson said she reviewed the investigation and determined there were reasonable grounds to believe an offence had been committed.

Crane, a 19-year veteran of the Edmonton Police Service, is charged with one count of perjury and is scheduled to appear in court on March 22.

"Perjury is a very serious offence in any context. It's an offence that strikes at the administration of justice," Hughson said.

"There can be a range of behaviour, or a range of scope, for perjury, and this might fall at the lesser end, but that having been said there's really no tolerable or acceptable lie under oath for a police officer."

A spokesperson for EPS said Crane was relieved of duty without pay as of January 2014.

The Serious Incident Team investigates incidents in Alberta involving police officers that result in serious injury or death, as well as allegations of police misconduct.

FENTANYL

Medical examiners hired to combat crisis

Alberta is hiring two more medical examiners for a total of 10 to reduce caseloads and deal with emerging issues such as fentanyl overdoses.

Justice Minister Kathleen Ganley said Wednesday it's part of a \$1-million investment in the office.

"Funding two more positions will allow the office to meet the demands of a growing population along with the additional work of providing data regarding opioid-related deaths that our government has requested," Ganley told a news conference at the office of chief medical examiner Dr. Elizabeth Brooks-Lim.

Brooks-Lim said she plans to put one of the new positions in Calgary and one in Edmonton.

The goal, she said, is to balance workload with increasing demands that include a ruling last year that allows criminal charges to be stayed if a case

does not go to trial in an acceptable time frame.

"My office is very acutely aware of the Supreme Court Jordan decision and we are prioritizing cases that may go to trial, such as homicides and other high-profile cases."

THE CANADIAN PRESS


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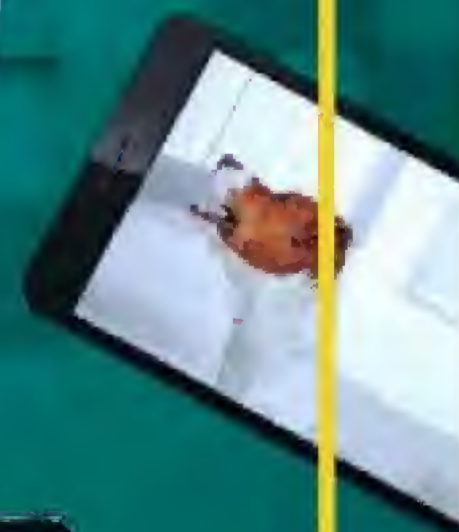
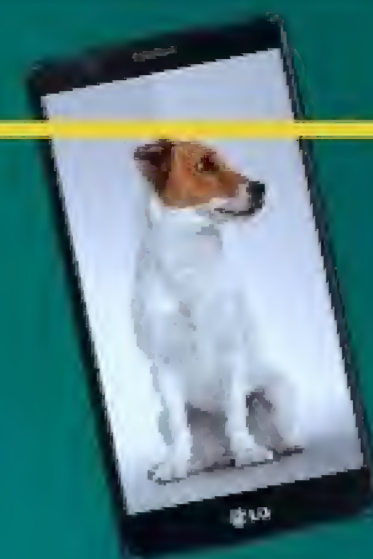
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Student's Vanlife stopped cold

MOUNT ROYAL UNIVERSITY

Attempt at low impact living shut down via eviction notice



Helen Pike
Metro | Calgary

Alana Keleigh is keeping a steady GPA, doing homework and watching Netflix in her spare time just like any other Mount Royal University student.

But there's one thing she can't keep up: her van's heat.

The environmental studies student was living in her van, nicknamed Carl, summer spring and fall, finding parking spots overnight where she could and sitting her pint-sized home at school before scouting out a resting place after class.

That's until the dead of winter hit in December, her propane furnace broke down and she couldn't live her off-the-grid #Vanlife anymore — so she sought solace in MRU's park-

ing lots, purchasing a parking pass to stay above board.

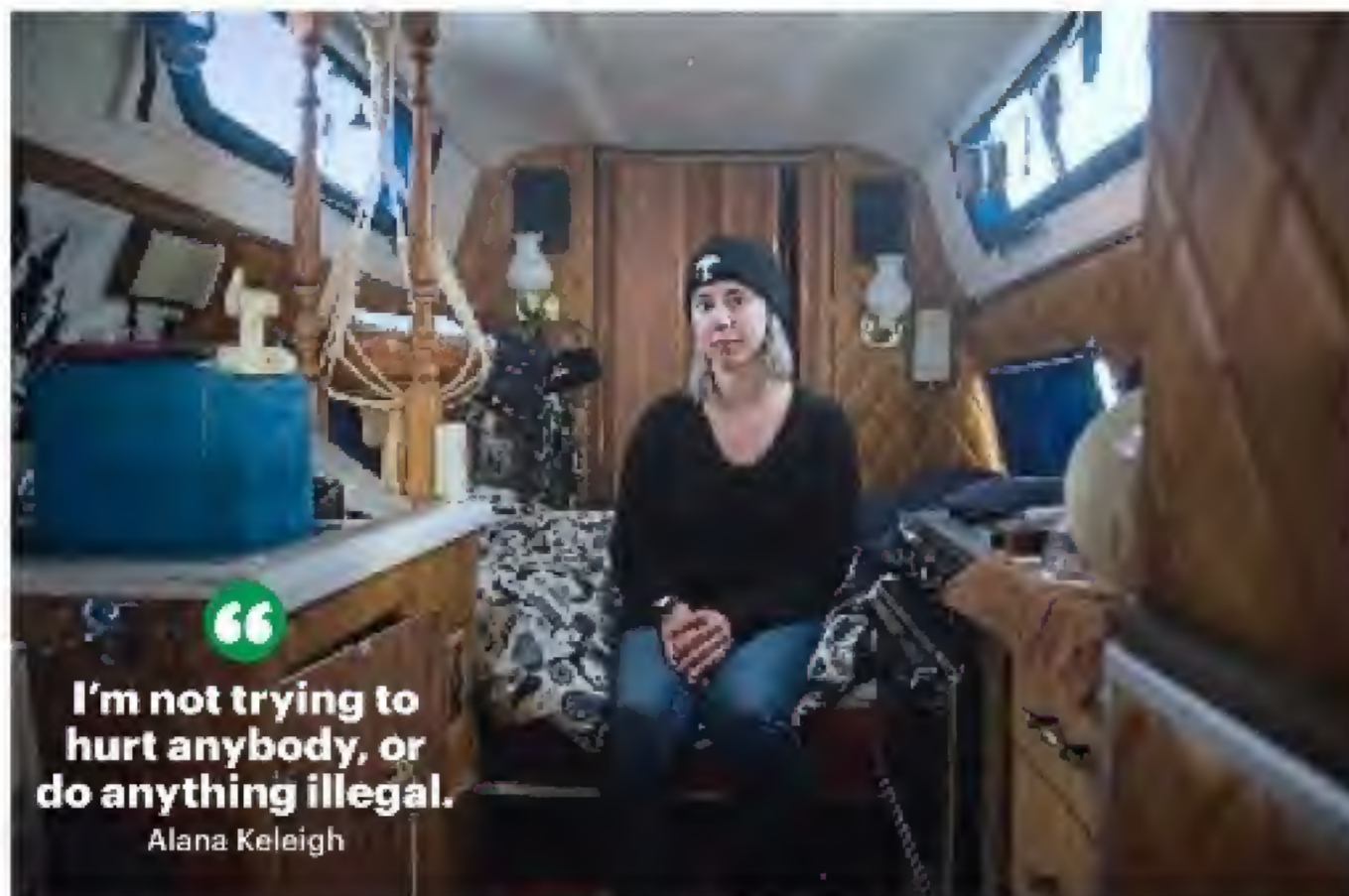
That life hack only lasted six weeks before she was caught.

"I thought I was being clever in getting a school lot pass and plugging in so I could get an electric heater," Keleigh said. The school gave her a letter, which she calls an "eviction notice," on Wednesday.

"It's discouraging for sure, it's a movement that's around and people are starting to think more and more about lifestyles that aren't necessarily the white picket fence, and there's a lot of arbitrary restrictions in the way of that."

Now, Keleigh is out \$700, the cash she splurged to have parking privileges, and she needs a quick fix for her temperature problem. She wasn't aware that by parking overnight she was acting against the school's parking policy.

According to Gerry McHugh, the school's parking manager, this isn't the first time they've had to deal with overnight guests, and the school's simply not equipped facility or liability-wise to handle overnight parkers.



Alana Keleigh is pictured here with her van, which she has named Carl. JENNIFER FRIESEN/FOR METRO

"I'm not trying to hurt anybody, or do anything illegal."
Alana Keleigh

"To park overnight, and for many nights, we're not set up for that," McHugh said. "We're not in an environment where parking out there, and camping out there in this kind of weather, we feel comfortable

with."

McHugh said it's important that the campus community is safe, and policies like their parking one, are applied fairly across the board.

Keleigh felt the letter, which

she and the institution both shared with Metro, was a heavy-handed approach. It referenced counselling services, and offered up help in her "transition."

She said living in Carl isn't

just a financial choice, she believes in having a smaller footprint, and was happy to discover a lifestyle where roommates wouldn't be necessary.

On social media the van dwelling lifestyle is blowing up, and becoming more mainstream. Although she'll stay with her boyfriend from time to time, or at a friend's after a night out, for her lifestyle the Dodge B-series van fits perfectly.

Her biggest issue is the parking policy they pointed to, which she had trouble finding.

"I'm not trying to hurt anybody, or do anything illegal," Keleigh said. "It's a huge waste of money to not be able to stay here."

Metro couldn't quickly locate the policy, but after consulting the school was directed to a freely available copy online.

Now, she's still set up on campus, mostly because the cold means she can't start her van — but according to McHugh they are happy to help her move along.

"We're going to work with her on next steps," McHugh said.

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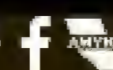
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Ottawa pressured to end border pact

ASYLUM

U.S. is unsafe for refugees, Harvard review says

A growing chorus of legal experts on both sides of the border is calling on Ottawa to suspend a bilateral pact that bans asylum seekers from crossing border for protection, warning the U.S. is unsafe for refugees.

A Harvard University Law School review is the latest to warn about the negative effect of U.S. President Donald Trump's executive orders on refugees, and is urging Prime Minister Justin Trudeau to reconsider the Safe Third Country Agreement.

The report, released Wednesday by Harvard's immigration and refugee clinical program, comes on the heels of the arrival of 22 asylum seekers from North Dakota, including a child and a baby, caught walking in

We are not going to tell the Canadian government what to do, but the finding that the U.S. is safe is wrong and unfounded, and should be blown out of the water.

Deborah Anker

thick snow across an unguarded border into Manitoba last weekend.

It also echoed the recent calls on Canada by refugee advocates, immigration lawyers and academics to suspend the treaty.

"The new policies allow any state and local enforcement official, not just trained federal agents, to pick people up on mere suspicion, detain them in any remote location, subject them to an expedited removal process, where many if not most will be unable to express their fear of return and be

screened," said Deborah Anker, head of the Harvard program.

"We are not going to tell the Canadian government what to do, but the finding that the U.S. is safe is wrong and unfounded, and should be blown out of the water."

In the House of Commons on Wednesday, Trudeau said he was "very concerned" about asylum seekers attempting to reach Canada on foot, but refused to answer if the government would remove the safe country designation of the U.S.

TORSTAR NEWS SERVICE

150 WAYS of looking at Canada

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'60S SCOOP

Feds try to delay ruling

After trying for years to have a class-action lawsuit from '60s Scoop survivors thrown out, Ottawa is now asking a Toronto judge to hold off on his ruling as Indigenous Affairs Minister Carolyn Bennett wants to start talks on a settlement.

TORSTAR NEWS SERVICE

FASHION

Sophie on mag's cover

Sophie Grégoire-Trudeau will appear on the cover of Fashion magazine's March issue, talking about women's rights, her advocacy work and getting personal about her recovery from bulimia.

The Canadian magazine's



feminist-themed issue will hit news stands on Feb. 13.

For the feature, Grégoire-Trudeau was photographed in Ottawa at the National Gallery of Canada wearing a range of outfits by Canadian designers.

TORSTAR NEWS SERVICE

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2016 CANADIAN CENSUS

The data shows — cities need



David Hains
Metro | Toronto

Canada's cities continue to be hotbeds for growth.

Census data released Wednesday confirms what mayors in major Canadian municipalities have been hammering home: Cities need more money to support the boom.

"The challenge is how do we make room for all these people," University of Toronto urban planning professor Matti Siemiatycki told Metro. "We need infrastructure investment that supports our urban quality of life."

Members of the Big City Mayors' Caucus highlighted infrastructure challenges in a late January meeting in Ottawa. Their priority recommendations for the next federal budget included transit and affordable housing, which are common issues across Canadian cities.

But less visible issues like water infrastructure, sewage capacity and the electric grid also need attention, Siemiatycki said.

The census data shows that Canadian cities are growing in two significant ways, Siemiatycki said. Downtown cores grew as highrises continue to be built. At the same time, suburban commuter communities also got larger as Canadians sought affordable housing.

Western cities led the way, with Calgary, Edmonton, and Saskatoon showing double-digit population growth compared to the last census in 2011.

Overall, Canada's population increased 5 per cent over the past five years with more than one third of people now living in the Toronto, Montreal and Vancouver metropolitan areas.

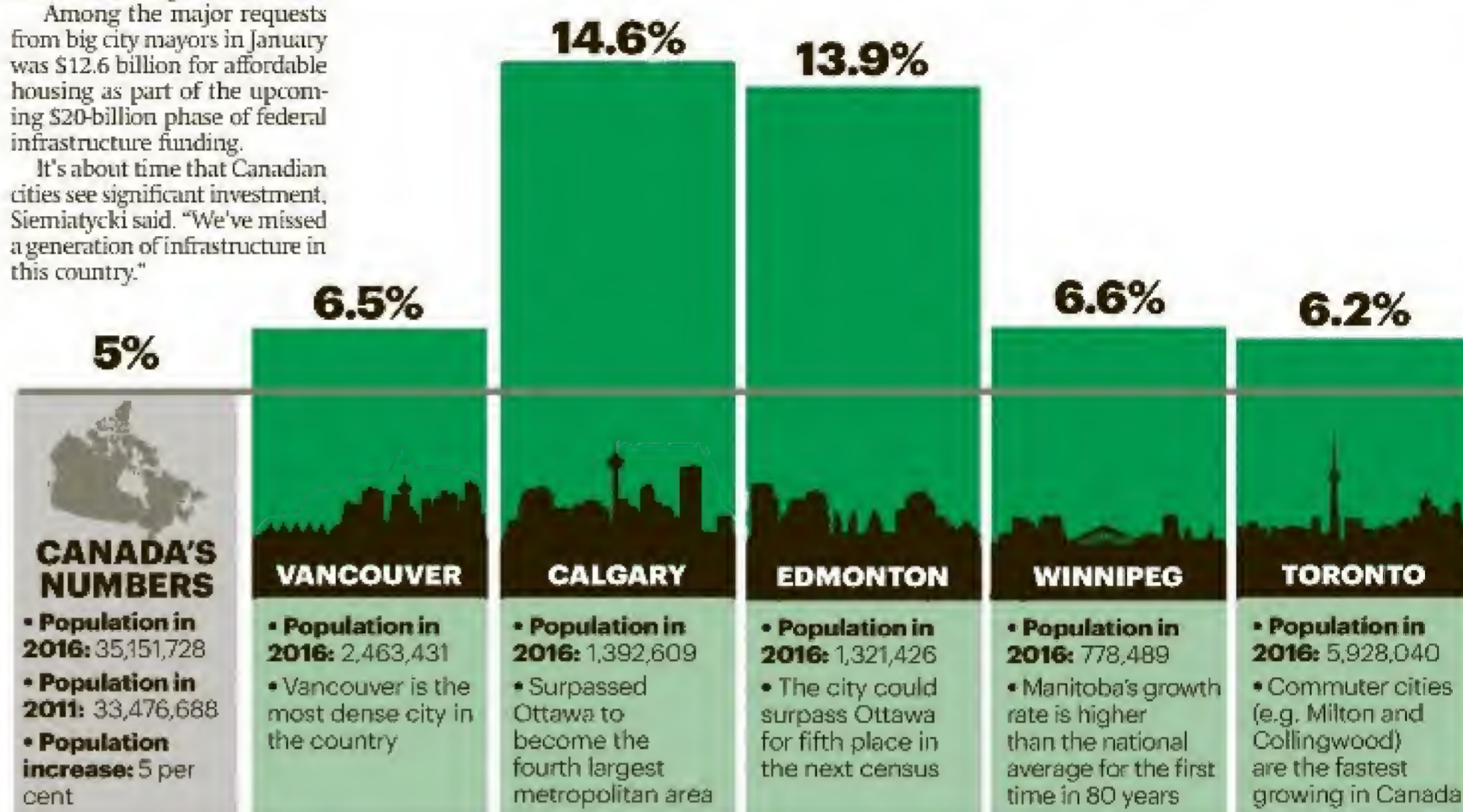
Atlantic Canada grew less than the national average, with Halifax growing at 3.3 per cent. St. John, New Brunswick was the only major city to see a population decline, with 2.2 per cent fewer people compared to 2011.

In 2015, the federal government promised \$186 billion in infrastructure spending, with priorities on transit, trade and transportation, green initiatives, and social infrastructure like af-

fordable housing and child care.

Among the major requests from big city mayors in January was \$12.6 billion for affordable housing as part of the upcoming \$20-billion phase of federal infrastructure funding.

It's about time that Canadian cities see significant investment, Siemiatycki said. "We've missed a generation of infrastructure in this country."



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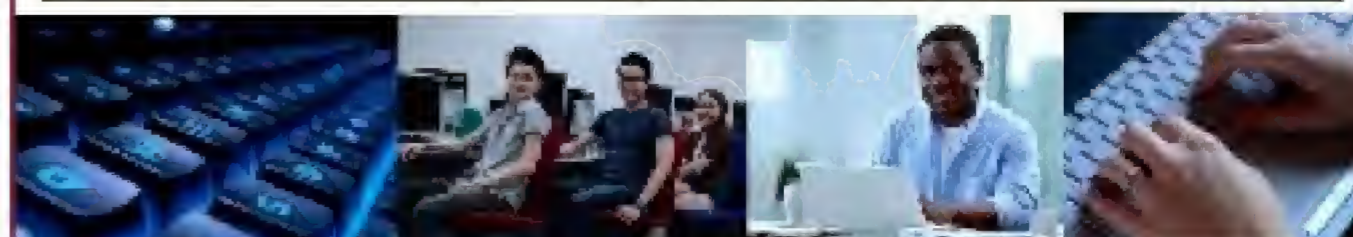


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2016 CANADIAN CENSUS

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WHAT THE INFO SAYS:

The census is telling us that Canadian cities are growing in two significant ways: Downtown cores are growing as highrises continue to be built, while suburban communities are getting larger as many seek affordable housing.

5.5%

OTTAWA

- Population in 2016: 1,323,783
- Some of the city's oldest neighbourhoods are showing stagnant growth

3.3%

HALIFAX

- Population in 2016: 403,390
- Nova Scotia's population only increased by 0.2 per cent

Data at a glance

1 Data was collected in 2016, with many Canadians celebrating the return of the long-form census.

2 The data is being released in seven stages, with Wednesday's representing population and dwellings.

3 In May, Statistics Canada will release data on age and sex, to be followed in August by household and marital status data.

4 The data will assist decision-making across all levels of government and provide sociologists, demographers, urban planners and businesses with information.

METRO AND THE CANADIAN PRESS

Growth rate of new dwellings slowing

14 million

The estimated number of dwellings — defined as "a set of living quarters with a private entrance" — in the country. While the number continues to rise, growth rate is slowing.

The number of private dwellings in Canada continues to rise, though the rate of growth has slowed down over the last 15 years, 2016 census data shows.

From 2011 to 2016, the number of dwellings in the country — defined as "a set of living quarters with a private entrance" — grew 5.6 per cent to more than 14 million, slightly higher than the 5 per cent population growth over the five-year period.

That's down from a growth rate of 7.1 per cent between 2006 and 2011. From 2001 to 2006, the rate of dwellings growth was even higher: 7.5 per cent.

"It's slowing down," said Johanne Denis, director general of census data analysis at Statistics Canada.

She added, however, that the data released Wednesday doesn't include the types of dwellings — whether more people are living alone or in apartments or houses, for example — and she couldn't

speculate on why the growth rate in dwellings has been slowing down in the 21st century.

"We really need to look at household composition to better understand this," she said.

From 2011 to 2016, Nunavut saw the fastest rate of growth for any province or territory, in line with its increase in population, at 13.4 per cent from 2011 to 2016, the data shows.

That's followed by Alberta, with 9.9 per cent more dwellings, and the Yukon's 7.8 per cent growth rate.

TORSTAR NEWS SERVICE

Fertility rate keeps onus on immigration

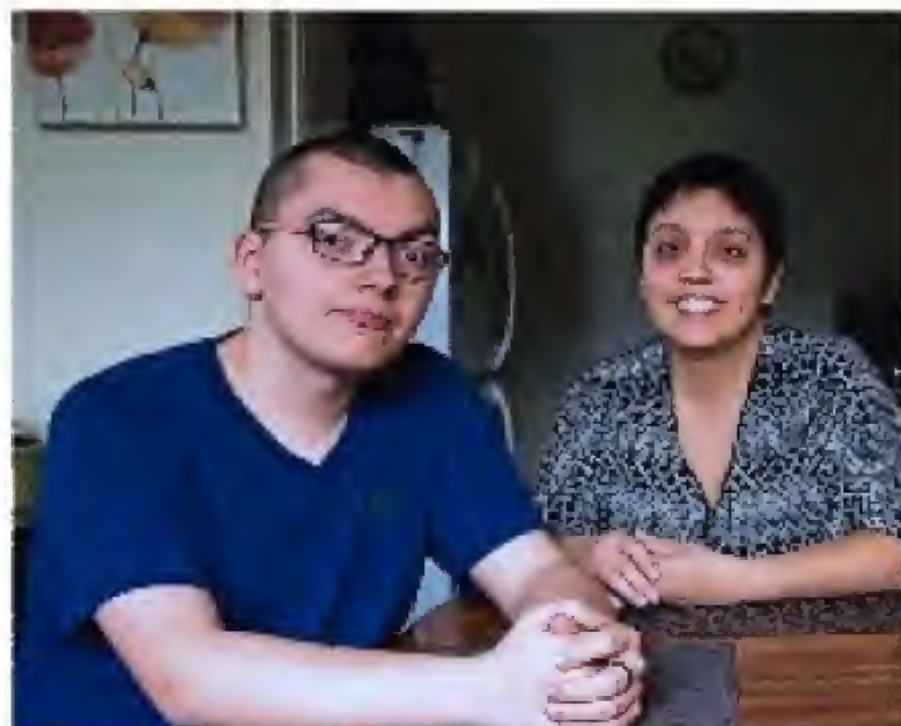
After Debbie Clarke's first child had reached the "terrible twos," she and her husband decided their family of three was big enough — adding a sibling would be just too much.

"At the time I was working really late hours and I just didn't think it was fair to have another child when I didn't really have the time and the energy to put into another child," said Clarke of Mississauga, Ont., whose son Austin is now 15.

"When he was younger it was very hectic because I had to work nights. My husband worked days. I thought to myself, 'You know what? I have to do what I think I can handle physically, emotionally financially ... I think one is good enough for me.'"

Clarke is among a growing proportion of Canadian women choosing to have only one child — or none at all. And that trend towards limited child-bearing is increasingly reflected in Canada's average fertility rate, which 2016 census figures released Wednesday have pegged at 1.6, slightly higher than the 1.59 posted by Statistics Canada three years earlier.

One outlier? Nunavut, which is home to the highest fertility rates in Canada: women there give birth to 2.9 children on average, fuelling the territory's growth rate of 12.7 per cent, the highest in the country.



Debbie Clarke and son Austin. Clarke is among a growing proportion of Canadian women choosing to have only one child — or none at all. THE CANADIAN PRESS

The fertility rate refers to the number of children a hypothetical woman would have over the course of her reproductive life, based on females aged 15 to 49.

In Canada, that rate has been steadily falling over the last several decades: 1971 was the last year when the average number of children matched the 2.1 replacement level needed for the population to renew itself, without being bolstered by immigration.

"The first thing to think about is this is an average, so we still have a few families that

have five and six children, and increasingly we have families who have none," said Nora Spinks, CEO of the Vanier Institute of the Family, acknowledging that smaller families are progressively becoming the norm.

"One of the major reasons people are having fewer children is a combination of circumstances and biology," she said. More women are choosing to start a family later in life, compared to earlier generations. In the 1960s, for instance, the average age for a first birth

was about 22.

Today, that age has been pushed to 30 and beyond.

"The longer you delay having the first, the shorter the window you have to have more," said Spinks. "There's a point at which you can no longer conceive or conceive as efficiently as when you were younger."

"So that's where the biology comes in."

The cost of child-rearing — from day care to school-based activities to socking away dollars for post-secondary education — is another critical element that often dictates family size, said sociologist-social demographer Susan McDaniel, a Canada research chair in global population and life course at the University of Lethbridge.

"Children cost a lot and that's in terms of money, but also in terms of opportunity costs," she said, referring to women's participation in the workforce, including those building or maintaining a career, as well as time invested ferrying kids to and from such extracurriculars as hockey practice and ballet lessons.

"They realize that the opportunity costs of having a lot of children or more than one or two are great for them. But they're also increasingly great for fathers, who are more and more involved with raising kids." THE CANADIAN PRESS

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Silencing of senator only raises her status

U.S. POLITICS

GOP rebuke takes on overtones of race, gender

The turbulent debate in the U.S. over race, gender and free speech consumed the normally staid Senate on Wednesday after the GOP majority voted to silence Sen. Elizabeth Warren, abruptly elevating her celebrity status at a moment when liberals are hungry for a leader to take on Donald Trump.

The highly unusual rebuke of the Massachusetts Democrat came as the Senate weighed President Trump's nominee for attorney general, GOP Sen. Jeff Sessions of Alabama, who seemed headed toward a nearly party-line confirmation Wednesday evening. It also gave frustrated Democrats a rallying cry weeks into a presidency that is dividing the country like few



Sen. Elizabeth Warren reacts to being rebuked by the Senate in Washington on Wednesday. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

before.

"I certainly hope that this anti-free-speech attitude is not travelling down Pennsylvania Avenue to our great chamber," Senate Minority Leader Chuck Schumer of New York warned.

The debate immediately took on overtones of race and gender. Warren was rebuked as she was

reading a letter by Martin Luther King Jr.'s widow, Coretta Scott King, opposing Sessions' ultimately unsuccessful nomination to a federal judgeship in 1986.

Warren was chastised under a little-used Senate regulation, Rule 19, which bars any senator from impugning the motives of any other.

Several male Democratic senators stood up and read from the same letter but without drawing objections, leading Democratic activists to proclaim that Senate Republicans were interested only in silencing a woman.

Democrats challenged Majority Leader Mitch McConnell's ruling, but the GOP voted to uphold it, barring Warren from speaking on the floor throughout the remainder of the debate over Sessions.

"She was given an explanation. Nevertheless, she persisted," McConnell said in words that sparked still more liberal outrage and Twitter hashtags. Hillary Clinton referenced McConnell's comment about Warren persisting, adding in a tweet: "So must we all."

In the aftermath Democrats expressed outrage that Warren had been silenced while quoting from the words of a civil rights hero, as a party that's struggled over the best way to challenge Trump found something all could agree on. THE ASSOCIATED PRESS

IMMIGRATION

Muslim ban now in hands of judges

A federal appeals court will decide whether to reinstate President Donald Trump's travel ban after a contentious hearing in which the judges hammered away at the administration's motivations for the ban, but also directed pointed questions to an attorney for two states trying to overturn it.

It was unclear which way the three judges of the San Francisco-based 9th Circuit Court of Appeals would rule, though legal experts said the states ap-

peared to have the edge.

A ruling could come as early as Wednesday and could be appealed to the U.S. Supreme Court.

The appeals court challenged the administration's claim that the ban was motivated by terrorism fears, but it also questioned the argument of an attorney challenging the executive order on grounds that it unconstitutionally targeted Muslims.

THE ASSOCIATED PRESS

SPACE TRAVEL

NASA mission to go around moon

The European Space Agency says it will contribute key components for a future NASA mission to take humans around the moon within the next few years.

Astronauts haven't gone beyond a low orbit around Earth since 1972, when NASA ended its Apollo program.

The European Space Agency and aerospace company Airbus

have already delivered a propulsion and supply module for an unmanned flight of NASA's new Orion spacecraft next year.

The agency said Wednesday that it and Airbus have now agreed with NASA to build a module for a second, manned mission that will fly around the moon as early as 2021.

THE ASSOCIATED PRESS

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CHANTAL HÉBERT ON THE CENSUS



Flirting with anti-immigration sentiment may be a winning formula within parties whose membership is reminiscent of a less diverse federation but it stands to be a recipe for disaster in 21st-century Canada

The population of every province west of Ontario is growing at a faster rate than the national average. The reverse is true of the five provinces east of Ontario. In the case of Atlantic Canada, the demographic shortfall is acute. New Brunswick's population shrank between 2011 and 2016 and the population of Nova Scotia's increased by a mere fraction of a percentage point.

The region is in the eye of a perfect storm. Its population is aging; it is losing people to more prosperous provinces; it does not attract nearly enough immigrants to make up the difference. This is not a trend that will be reversed overnight, if ever. It is not happening in isolation from the country's federal dynamics.

For the first time this year, the tradition of giving one of the nine seats on the Supreme Court to a judge from Atlantic Canada was called into question. It will not be the last time. The region is down to less than 10 per cent of the seats in the House of Commons. That proportion will continue to diminish as new seats are added to reflect demographic growth elsewhere in the country.

Going forward there might be a temptation to fight Atlantic Canada's battles in the Senate, the house of Parliament where its weight is artificially maintained. With less than seven per cent of the population, the region

is guaranteed 24 seats in the upper house. Ditto for the West, whose four provinces are now home to one in three Canadians. A makeup that so distorts the demographics of modern Canada does little to

ties whose membership is reminiscent of a less diverse federation but it stands to be a recipe for disaster in 21st-century Canada. There is no turning back the clock on the country's diversity.



DRAWING A NEW MAP Federal parties must adapt tactics as country changes, Chantal Hébert writes. RYAN TUMILTY/METRO

enhance the moral legitimacy of the unelected Senate to act as a chamber of sober second thought.

That is not the only politically related takeaway from the 2016 census numbers released on Wednesday.

Over the past five years immigration has accounted for two-thirds of Canada's population growth. Based on current trends, it will account for 80 per cent in less than 20 years. It will be hard for a political party to win government without policies and a lineup that reflect the country's diversity.

Flirting with anti-immigration sentiment may be a winning formula within par-

ties that is particularly if not exclusively true for Quebec's nationalist opposition parties. The failure to make inroads in the allophone communities that account for most of the province's demographic growth could give the Liberal party a quasi-permanent lease on power. That failure — compounded by a decade of tone-deaf politics on the issue of religious accommodation — dooms any hope the Parti Québécois might have of holding a winning referendum on Quebec independence.

As long as the allophone vote was concentrated on the island of Montreal, a Quebec party could realistically hope

to win an election without reaching out to newer Quebecers. But now the mix of suburban Quebec, which holds the key to electoral success, is changing.

Quebec's population has grown at a slower rate than the Canadian average for four decades. At three per cent, it is still at a relatively healthy level. Quebec is home to almost twice as many people as British Columbia. It is not about to lose its place as Canada's second-most-populous province. Nor, for that matter, is Ontario's demographic edge on its sister provinces about to disappear. Central Canada will continue to be the federation's political powerhouse.

That being said, only a steady influx of immigrants stands between Quebec and the anemic demographic growth of the Atlantic region. The province's future as a French-speaking society rests on its success at keeping and integrating those immigrants into its mainstream.

Quebec's collective preoccupation with ensuring that French endures and thrives on the North American landscape will continue to distinguish the province's politics from those in the rest of the country.

But on just about everything else the issues that matter to an increasingly urban increasingly diverse Quebec are more similar to those that preoccupy the majority of voters in Ontario and in Western Canada than at any other time in the federation's modern history.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

VICKY MOCHAMA

Politics needs pop culture references now more than ever

In the days, weeks and months since Donald Trump was elected U.S. president, those who wanted a president well-versed in the constitution have been doling out blame and shame.

In all this, there is one group being unfairly targeted for blame: pop culture nerds.

People have taken to comparing the outcome of the American election and early days of the Trump administration to everything from Star Wars to The Hunger Games to Harry Potter.

But for every tweet suggesting Trump has all the tact of the Whomping Willow, there's another saying, "Stop making Harry Potter references. This is real life."

As if readers of Harry Potter have walked the halls of their schools, or faced the drudging misery of going to work everyday and thought, "Yes, this feels exactly like being at Hogwarts, a magical school on a hill full of wizards and wands."

Now that's unlikely.

Pop culture references are the nervous laughter of these turbulent times.

Remember when then-candidate Trump dropped the word "bigly" during a debate and we all chuckled while thinking, "Oh good good, he's making up words and he might be in charge of nuclear weapons."

In the face of a tumultuous future, pop culture creates comforting distance.

The people to chastise are

not the ones who have read books or watched movies about fascism and concluded that they are analogous to this moment.

If anything, those people should be applauded for basic reading comprehension.

It is the people who misunderstand books — Qur'an critics who cherry-pick violent passages to paint a broad swath of people as savage; bible fanatics who use the Good Book to advocate for Bad Things; and those misguided souls who feel Dr. Seuss' *How the Grinch Stole Christmas* is really all about the trickery of the Easter Bunny — who are a problem.

Interpreting culture can be dangerous. Everyone imagines fighting alongside Luke Skywalker for the Rebel Alliance, but few identify with Darth Vader's Stormtroopers.

As resistance to Trumpism builds, a demand for intellectual gravitas will exclude more people than it will include. Recognizing the danger ahead cannot solely be left to the historians and political analysts.

So: Is Donald Trump like Lord Voldemort? Of course not. Donald Trump is terrifyingly real. The lesson, however, is worth taking.

A generation of North Americans who have lived in relative safety are finding in pop culture an entry point for understanding the horrors of authoritarianism — and finding heroes, too.

That is a blessing, not an unforgivable curse.

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There is no turning back the clock on the country's diversity.

As technology and society get in the way, the 'hookup generation' is proving to be anything but — with more virgins than in older age groups

No sex please... we're millennials

A 2014 study found that about 15 per cent of American 20-24 year olds have never had penetrative sex, a jump from 6 per cent in their parents' day. ISTOCK

Genna Buck
Metro | Toronto



Anna is a 23-year-old content specialist who's never had sex. She works from home for a Toronto start-up. She's attracted to men, but doesn't get to meet many. She's dipped her toes into the world of dating apps and OK Cupid, with some success.

While she's pretty confident she won't be a virgin much longer, Anna struggles with whether to be upfront about her status on something like Tinder, where many are looking for a quick hookup. But research shows Anna is not unusual at all.

Ryne Sherman and his colleagues set off a media storm when they published research in 2014 showing millennials in their 20s and 30s — the so-called

"hookup generation" — are anything but.

Compared to GenXers and boomers, millennials have fewer sexual partners and have sex less often, Sherman said. About 15 per cent of American 20 to 24-year-olds have never had penetrative sex at all. In their parents' day, that number was just six per cent. (The research in this area is still very heteronormative — the survey just refers to "sex" without specifying).

Researchers floated a few possible reasons for the trend: It's a hangover from fear-based sex-ed of the '90s; It's part of a trend towards less risk taking — today's young people do drugs less, drink less, and use condoms more than their parents did; It's a failure to launch — economic trends have landed many millennials at their parents' place, not the most conducive environment

for sexytimes.

But there's more to it than that. After the study was published, the mail poured in.

"We were hit with a bunch of stories like 'I'm 23 and a virgin. I don't have time for sex, I'm committed to my career,' especially from women," Sherman said.

Then there's another overlooked factor: The decline of the meet-cute. At least in person.

"I'm open to sleeping with someone, I just want to know them for maybe a month," Anna said. "People have been pretty respectful, but I don't want to engage until I feel ready."

Jessica*, 33, deals with the same problem. "Who would ever want to have sex with a girl in her 30s who's still a virgin? Must be something wrong with her."

All Jessica's relationship experience is virtual. In her teens and 20s, she spent a lot of time

on the Internet, playing multi-user games and interacting with people from all over the world. "I loved it ... but it also kept me away from real social experiences," she said. She was in a tumultuous romantic entanglement with a man for most of her 20s — but it was entirely text-message based.

Many of the virgins Metro spoke to went through some kind of struggle in their young adulthood with their sexuality or sexual orientation. Anna has a pervasive phobia of getting pregnant. Another woman tried penetrative sex and found it unbearably painful. A third had come to realize her sexual orientation was somewhere on the asexual spectrum.

One 24-year-old man said, "Simply put, the women I like don't like me back, so I've never been on a date. I don't have the

confidence for one night stands or casual stuff, and it doesn't interest me anyways because the romantic aspect is really appealing to me."

But several said they just hadn't met someone they wanted to have sex with who also wanted to have sex with them, and didn't feel an urgent desire to be partnered up — a possible side effect of a society that is gradually embracing the philosophy of "you do you."

Though people who have what researchers call "a late sexual debut" are at a higher risk of sexual function problems that those who lose their V-card at an average age, most do eventually have sex. "Biology is pretty powerful," Sherman said. "We all came from a long line of people who were interested in having sex at least once."

* Names have been changed

RELATIONSHIP VIRGINS

Today's climate — with new dates and hook-ups to be found, and banished, at the touch of a button — has produced another kind of virgin: The relationship virgin. Everybody knows one: a person who has had sex, but never settled down. Jason Brown, 35, is that kind of virgin.

Dating apps and websites strike him as superficial and fake. He says the worst part of long-term singleness is the pressure from friends and family.

"I depend on myself for everything. And at times it would be really nice if I had a teammate, he said. "But if I can't, I've proven that I'm more than capable of surviving and doing very well without anybody."



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Relationship status: it's very complicated

TERMINOLOGY

Why 'hanging out' leaves us hanging for a real definition

One of Metro's editors recently made a big mistake. She referred to her nephew and the woman he's seeing as "dating." No, he corrected her fiercely. They've been on dates. They're not dating.

It seems like those two things should be synonymous, but in modern parlance, they're not. We enlisted professional matchmaker Sofi Papamarko to explain the dizzying array of dating terms. The way people define the stages of relationships has changed a great deal, even in just the past couple of years.

As recently as the 1990s, "If two people had gone out to the movies a couple of times, they were 'going out'" exclusively, Papamarko said; the same status their baby-boomer parents would have called "going steady."

But nobody says, "going



Professional matchmaker Sofi Papamarko. CONTRIBUTED

steady" with a straight face anymore.

Couples go through an increasingly common, and growing, limbo stage of dating/not-dating at the beginning of their relationship, especially if they meet on an app or website.

"Nowadays, 'dating' means exclusivity and exclusivity is ... a lot more hard won," Papamarko said.

"You can be seeing a lot of someone for months and if someone asks you if you're dat-

ing, vehemently deny it and say you're just hanging out."

"Hanging out" is what unofficial, not non-exclusive dating is called, Papamarko explained. Until the dreaded "what are we" talk, you're free to explore other options and assume your partner can do the same. This trend has affected how Papamarko advises singles who are looking for love.

"I tell my clients that a couple of great dates does not a relationship make."

GENNA BUCK/METRO

3 WAYS TO PIMP YOUR PROFILE

The wonderful thing about dating online in 2017 is how many apps there are to leave you wondering why your date never spoke to you again. Maybe there is a giant junk filter in The Cloud that has caught all those missed replies. Or maybe your profile just doesn't scream "serious." These steps will hit refresh on your profile.

Ask for what you want

People looking for long-term love are the least likely to say so. Emily Witt, who wrote the love-in-the-time-of-Wi-Fi book called *Future Sex*, says that the most common answer that users make private on OkCupid's questionnaire is that they are looking for a serious monogamous relationship. "It's best to be honest instead of pretending that you are just there by accident," Witt says.



Make it about you

Think of the text on your profile as talking points you are not-so-subtly suggesting your date ask you about. "If you don't write anything you look like a lazy dater," says dating consultant Shannon Tebb of ShannyInTheCity.

Wear your first date outfit in your profile pic

...and then wear your second date outfit on your first date. After all, your profile picture is the first time that the perspective love-of-your-life is going to see you. "Snap a shot of yourself dressed up," says Tebb. "You're showcasing your best self."

RYAN PORTER/METRO

+ = NSA? Texting decoded

If Shakespeare were at work today, his sonnets may have read, "Shall I compare you to a peach emoji?" Today's text-based flirtations are an inscrutable mix of acronyms, secret codes and emojis that you might need to Google Translate your way through. Here are a few definitions to help:

LTR: "long term relationship," as in, go ahead and think about that fourth date.

NSA: a "no strings attached" sexual encounter; warning: actual strings may be attached.

DEMO: "dancefloor makeout"; minimal dancing required.

DTR: "define the relationship" — because an exclusive relationship is stressful enough without texting three complete words.

HRU: "how are you?", note: nobody is expecting a genuine answer to this.

VGL: "very good looking", as in "be warned that I am the kind of person who calls myself 'very good looking.'"

HWP: "height/weight proportionate," a.k.a. the H&M "medium."

CD: "cross dresser"; if you read this as "compact disc," you are in over your head.

Eggplant emoji: A euphemistic way to refer to the male genitalia that makes it impossible to grocery shop without giggling.

Peach emoji: A bum that upholds unrealistic body image standards.

RYAN PORTER/METRO



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'Don't sext at Starbucks' and other tips

SECURITY

Sexy messages can spark your relationship... but be careful

Genna Buck
Metro | Toronto



It's modern love: Half of adults admit they regularly send and receive sexy messages and pictures. A good portion of the other half would likely give sexting a spin if they weren't so worried about how hard it is to keep digital images under lock and key.

You can be betrayed by a

person (i.e. revenge porn) or by leaky technology (the great iCloud hack of 2014).

Andrea Slane, a law professor at the University of Ontario Institute of Technology and expert in online privacy and cyberbullying, has five tips for making sexting safer.

Set ground rules

It shouldn't need to be said, but have the conversation anyway: Before you do it, tell the partner you're sharing images for that person's eyes only, no one else's.

"That certainly will work against the person who shares images without consent, if it does end up coming to the attention of the law," Slane said. And if you're the one re-

ceiving sexy pics: Unless the person has specifically said it's okay to share, assume it's not.

Protect your identity

A sexy facial expression is part of what people like about naughty pictures, but consider saving those for partners you truly trust, Slane said. If you're sexting on a dating app with someone you don't know that well, "the risk would seem to be higher the less you know." So keep your face and any other identifying features out of sight. "If the person does share it further, it's not as clear that it's you so the damage is less."

Secure your data — and your partner's

This is a no-brainer, but pass-

word-protect everything. Check the privacy settings on your browser and any dating and messaging apps you're using. Public wifi networks aren't secure, so "Don't sext at Starbucks," Slane said. Find out if there are any settings on your phone, computer or tablet that automatically share photos and messages between devices, and turn those options off. And — this is important — make sure your partner does the same.

Know your options

If an explicit picture of you gets out online without your permission, all is not lost, Slane said. The majority of web companies — including social media sites and even porn platforms — will voluntarily take down

an image if you ask, she said. If that doesn't work, there are legal options: Distributing an "intimate image" without consent is a criminal offence in Canada. Or you can sue.

It's harder to get so-called "revenge porn" sites to co-operate, especially if they're based outside Canada. Slane suggests contacting the Office Of The Privacy Commissioner if you've been a victim of one of these slimy sites.

Take care of your mental health

If someone you sexted breaks your trust and shares images of you, it can be "devastating to your sense of safety and sense of self," Slane said. But if it happens, don't blame yourself or

assume it's going to ruin you forever.

Employers and school admissions officers are "starting to develop better norms," when it comes to checking out people's online history, she added: "They're not supposed to be trolling the Internet looking for the dirtiest thing they can find."

She also doesn't agree with the abstinence-based approach to Internet safety advice, which boils down to "Don't post it in the first place. Too bad for you, you suffer the consequences if it gets out there."

That attitude is "horribly damaging" to mental health, she said. "Take care of the mental health component if something does go wrong. Get some counselling."

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VALENTINE'S DAY CARDS TO CUT OUT FOR YOUR SPECIAL SOMEONE

Metro cartoonist Ani Castillo has turned her trademark talents to modern love with four takes on a Valentine's Day message for 2017. Cut them out and spread the love! © Ani Castillo

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always with you



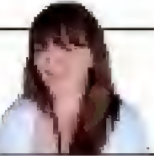
Is it too soon to send you
a picture of my privates?



A lovelorn teacher and a military man, they grew up less than two hours apart but found each other on the opposite side of the world before a whirlwind romance spanning continents. All in all, it's a...

Really epic love story

Megan Haynes
For Metro Canada



When Emily Beaton, 31, moved to Kuwait in 2013 to find adventure and mend a broken heart, she never predicted she'd find love.

Alone in a new country, the English literature teacher (who is teaching at a private British school), went online to make new friends. She met Rob LeHaie, 38, a military man from Michigan — two hours away from Beaton's hometown of London, Ont. She was smitten.

"He's so intelligent and articulate and wanted to talk about books," she says.

There was only one snafu: As a result of a high terror threat level, LeHaie wasn't allowed to leave the military base.

"(We spent our evenings) on Facetime and Skype calls. All we could do is talk," she says. "We had an old-fashioned courtship with a modern twist: It was months before we met."

Three months, in fact, before they began their first date in the unlikelyst of places: Halfway around the world at a Tucson, Arizona airport restaurant.

LeHaie had returned stateside, so Beaton planned her trip home with a stop-over near his military base.

"When I first met him, I



Emily Beaton and Rob LeHaie tied the knot six months after they first met in person in Arizona after a whirlwind romance. CONTRIBUTED

hadn't slept in 31 hours. I hadn't showered in 31 hours. And the airline lost my luggage," she says. He was waiting for her at the luggage carousel in his military uniform. "And (I thought) I've seen this in a movie. When I met him, I just relaxed."

But it wasn't one meal. The

date spanned three cities in two countries over two weeks. After dinner, the pair boarded a plane to Michigan and spent a week with his parents before venturing to Canada to see her relatives. "It was an amazing first date."

They returned to Tucson where they spent 18 hours together, before Beaton boarded a plane back to Kuwait. "It

ripped my heart out."

Six weeks later, while she was on a course in the U.K. to complete her PhD, he flew out to meet her. With a ring inspired by one of her favourite novels (as well as a copy of *Pride and Prejudice*), he proposed.

“

We had an old-fashioned courtship with a modern twist.

Emily Beaton

"Kuwait's rules are if you're a couple and you want to live together, you have to be married," she says. "So I used to joke, if you want to be with me, you know you have to marry me?" So, he did.

Then, in a potentially tragic twist, he was told he was being sent to Syria, she says.

"They told him to get his affairs in order."

Six months after meeting online, they tied the knot in a small ceremony near where they first met in person. (A last-minute surgery shelved his deployment to Syria, she adds. Now they plan on having a big wedding this coming summer.) After spending the summer together, they see each other every six to eight weeks, and talk on the phone each morning and evening.

LeHaie is set to retire from the military in November, Beaton says, and will join her in Kuwait until her contract is up at the school is up.

Then? Who knows where the pair's next adventure will take them.

FOLKLORE

Juliet's spirit still mending hearts

Canadian author Glenn Dixon flew to fair Verona, Italy to participate in a decades-old tradition: People from all over the world who have been unlucky in love write letters asking for advice from Juliet. They mail her letters and stuff notes in the brickwork near the balcony where, according to local lore, she was wooed by her Romeo. A dedicated group of women — Juliet's secretaries — answer every single one.

Dixon worked alongside them, hoping to absorb some of their wisdom. He spoke to Metro about how Juliet's story helped him heal his own heartbreak.

What captivated you about this tradition?

I'd taught *Romeo and Juliet* for 20 years as an English teacher. In the back of our school textbook, there was a little essay on the letters to Juliet. I often thought it would be funny for a guy to go to Verona and work with these legendary secretaries of Juliet. They're a remarkable group of women.

Did you bring home any of the secretaries' wisdom and apply it to your life?

Originally, I'd never intended on having this be a part of the book, but it became unavoidable. On that first trip to Verona, I wrote my own letter to Juliet. I was in love with a woman for an embarrassing number of years. When I went to Verona the first time, she had just become single again. So I wrote a letter. I came back home to Canada. Seven months later, an answer appeared. And it was a good answer. But the timing was terrible. This woman I loved had become pregnant. The father moved in with her. My heart was broken. And that was just about the point at which I got the letter back from the secretary of Juliet. The letter came too late, just like in *Romeo and Juliet*. Just like *Romeo*, I went charging back to Verona. I thought, I'm not through yet.

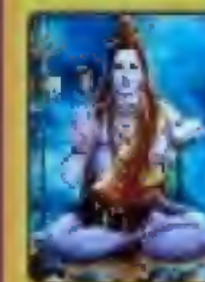
Did it work? Or would that be a spoiler?

Someone else had come also at that point to answer letters. She'd had her own tragedy. And I can say that the second time I left Verona, I didn't leave alone. GENNA BUCK/METRO

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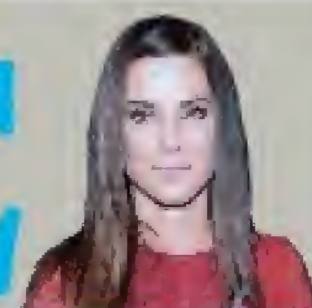
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Prairie-inspired urban living

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Project overview

Maverick boasts a prairie-inspired contemporary elevation that brings together very clean lines, reflected by the smooth stucco exterior, corrugated metal decks and balconies and vibrant coloured panels with an industrial vibe.

Housing amenities

Building amenities, such as an underground car wash and underground dog wash, along with building-specific fitness and recreation rooms encourage connectivity among residents. Homeowners will have the choice between courtyard and street adjacent units, which include underground or at-grade parking stalls.

Location and transit

Maverick is within 10 minutes to Stoney Trail, the airport, and access to Highway 1 travelling west. Residents will enjoy immediate access to the major roadways for getting out of town or getting downtown quickly with a future the Green Line LRT also planned.

In the neighbourhood

The Urban Corridor at Livingston will have 1,000,000 square feet of retail shops, office and services to add to the already built nearby amenities. An activity centre, homeowners association, six future school sites and potential North Health Campus are also planned.

KRISTA SYLVESTER/FOR METRO

+ NEED TO KNOW

What: Maverick at Livingston
Builder: Avi Urban
Architect: Avi Urban
Location: Livingston in north-east Calgary
Building: There will be 177 condos spread over three boutique four storey buildings
Interior: Trendy matte black finishes to cabinet hardware, kitchen faucets
Sizes: Units range from 530 to 974 square feet
Model: Variety of one and

two bedroom floorplans
Pricing: Starting from the high \$100,000s
Status: Now selling
Occupancy: Immediate
Sales centre: 163 Livingston Ave. NE
Hours: Monday to Thursday 2 p.m. to 8 p.m., weekends and holidays 12 p.m. to 5 p.m.
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Email: maverick@homesby-avi.com
Website: aviurban.com/maverick



REAL ESTATE

What's hot on the market

1 FINAL SELLOUT

The District by the Berman Group: The District is a 59-unit condo project on the corner of 18 Ave. and 2 St. SW in the heart of the Mission district. Check out the executive sales centre on weekends from 12 p.m. to 5 p.m.

2 STILL SELLING

Savoy by Truman: Consisting of 50 luxury condos and five townhomes, Savoy is located on the corner of Kensington Road and 19th St. NW in the community of West Hillhurst. Visit the presentation centre at 2001 1st Ave. NW.

3 REGISTER TODAY

Brooklyn Townhomes by Trico Communities: With the sales centre set to open this year, people are encouraged to register now for this exciting upcoming project that will be located along 14 St. SW between 26th Ave. and 17th Ave. SW.

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Understanding your tax circumstances now and in the future should guide your decision on what saving vehicle to use. ISTOCK

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YOUR FINANCES

Canadians consider RRSP or TFSA

Vikram Barhat

As the March 1 deadline for the RRSP approaches, the perennial RRSP versus TFSA makes its way to the front burner, fuelling confusion in the minds of the vast majority of Canadians who are only able to invest in one or the other.

There's little doubt both are well-intentioned programs aimed at helping Canadians squirrel away their savings. However, when it comes to investing hard-earned dollars, what's good for the goose isn't necessarily

good for the gander. Understanding the key technical differences and tax treatments can go a long way in deciding which one is more suited to an investor's personal financial circumstances.

Contributions made to the TFSA are after-tax dollars that grow tax-free and can be withdrawn tax-free at any time. The main benefit of the RRSP is tax deferral. Funds contributed to the RRSP are before-tax dollars that can grow tax-free within the RRSP. This means you don't have to pay capital gains

taxes when you sell stocks nor pay tax on dividends or interest received. However, you will be taxed, based on your current marginal tax rate, upon withdrawal from your RRSP.

Therefore, it's the clear understanding of one's present and future tax circumstances that guides as to which of the two savings vehicles can best optimize your investment returns, says Ed Rempel, a fee-for-service financial planner and financial blogger (edrempel.com).

"The better choice depends on your tax bracket today, your tax bracket after you retire, and whether you will be affected by the claw backs of one of the government income [supplement] programs," he says.

"It also depends on what you do with the tax refund and how likely you are to raid your retirement savings."




Understanding the key technical differences and tax treatments can go a long way...



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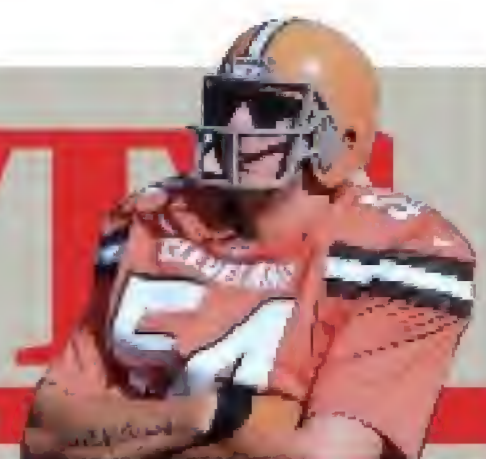
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Charles Oakley played 10 seasons for the Knicks.
GETTY IMAGES FILE

Crunchy Turkey Lettuce Wraps



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

This dinner delivers zesty, satisfying turkey with all of crunch and colour of a salad.

Ready in 10 minutes

Prep time: 10 minutes
Serves 4

Ingredients

- 1 lb (ground turkey)
- 1 Tbsp of vegetable oil
- 1 red pepper, diced
- 1/2 cup water chestnuts, diced
- 2 scallions, chopped
- 1 clove of garlic, minced
- 1 tsp ginger, minced
- 1 Tbsp rice vinegar
- 1 Tbsp soy sauce
- 1 Tbsp Sriracha
- 1 head of Boston or bibb lettuce, chopped
- small handful of cilantro, chopped
- small handful of unsalted cashews, chopped

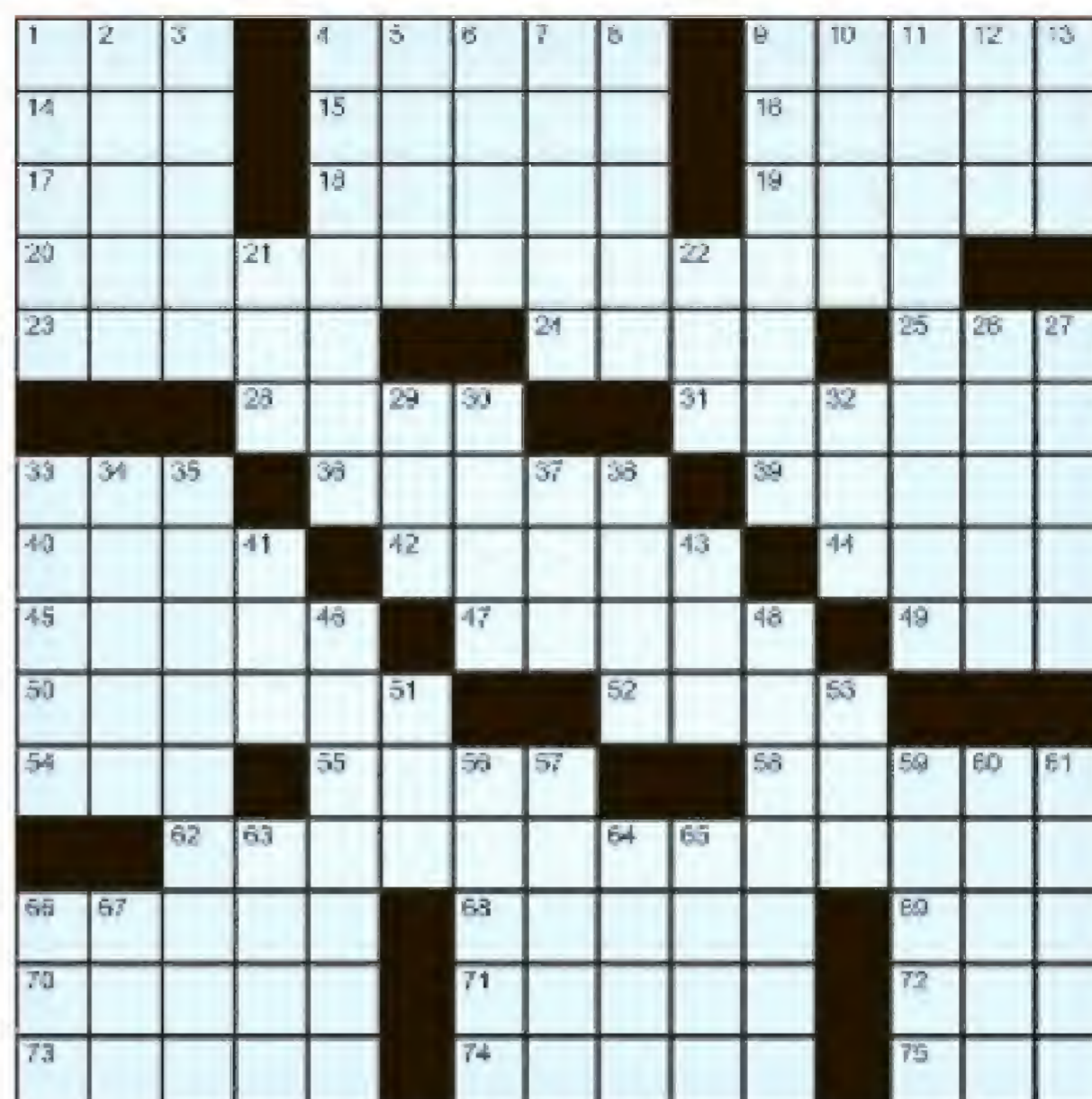
Directions

1. Warm the oil in a large skillet over medium heat. Add the turkey and break it up with a spoon as it browns until almost cooked through.
2. Add the peppers, garlic and ginger and keep pushing everything around until it smells amazing and the vegetables begin to soften. Pour in the vinegar, soy and Sriracha, along with the water chestnuts and give it all a stir.
3. Check that the turkey has cooked through. Put the mixture in a serving bowl.
4. Place the meat, whole lettuce leaves, chopped cilantro and nuts on the table and let everyone assemble their lettuce wraps.

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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. Phone's 8 letters
4. Highway exits
9. Awestruck
14. News agency, e.g.
15. Manicurist's board
16. Simon of Duran Duran; 2 wds.
17. Mr. Perlman
18. Fancy tongue
19. Dostoyevsky novel, and Punishment
20. NWT: Scenically extending from Yellowknife to Tibbitt Lake, Highway 4 as it is commonly known; 2 wds.
23. Food packaging meas.; 2 wds.
24. Charles Dickens books illustrator's nickname
25. 'I' in FWIW
28. Ms. Ward
31. Canadian writer, Yann _ (Author of Life of Pi)
33. Cloth
36. Do a cleanse, informally
39. Heighten
40. Canadian actor Raymond of "Perry Mason"
42. Wristwatch company
44. Puppy's cry
45. Exorbitant
47. Singer/pianist, _ Ray Joel
49. Used the bench
50. Ready-made, as some houses
52. Emulate John Hancock
54. Red Cham-

ber fig.
55. Mountain lion
58. Shakespeare's feet?
62. Song by Canadian band Sheriff that goes "And I never lived for nobody..."; 4 wds.
66. House 'story'
68. Paul Anka song

69. Good; French
70. Sierra _
71. The Windsors watch horses race here
72. Heart singer Ms. Wilson
73. Cow milking area
74. Beamed
75. Susan of "The Par-

tridge Family"

DOWN

1. Shroud of _
2. Winning by a point; 2 wds.
3. Twenty; French
4. Akin
5. Nursemaid
6. Prefix to 'morph-

osis'
7. Dress diligently
8. EDM instrument
9. Spain palace attraction, _ of Seville
10. Ginger Spice
11. Skills
12. Cheering prop half
13. Chem. ending

21. "Legally Blonde" (2001) star _her initials-sharers
22. The Pacific _
26. 'Mechanical Resonance' band
27. Counted sheep
29. WKRP employee
30. Over-fed = _ lot
32. Light beam
33. Recipe measurements, e.g.
34. Outlandish
35. Canadian actor Bruce in Madonna movie "Swept Away" (2002)
37. Texas tea
38. Vintage models of Jags
41. NHL official
43. Tip to 'date' (Get rusty)
46. One adhering on-a-roll sheets to walls
48. Shake
51. Roll
53. "Don't think so."
56. King with a golden touch
57. People in "Witness" (1985)
59. "That mistake is all mine!"; 2 wds.
60. 1950s crooner Pat
61. Cheerful
63. Fine-tune
64. Texas city
65. Aware of the surprise; 2 wds.
66. Bug of winter
67. Showed the way

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
A friend will surprise you today. Alternatively, you might meet someone new who is a real character. Even your relations with clubs, groups and organizations will be unpredictable.

Taurus April 21 - May 21
Something might suddenly throw you into the spotlight today, because people notice you. Perhaps a discussion with a boss ultimately will give you more freedom.

Gemini May 22 - June 21
Unexpected opportunities to travel or learn something new today will fall into your lap. Stay light on your feet so that you can react fast, because your window of opportunity will be brief.

Cancer June 22 - July 23
Double-check everything to do with shared property, inheritances and bank accounts today, because something unexpected will occur. Hopefully, it will be good news. Do not be caught off guard.

Leo July 24 - Aug. 23
A discussion with a partner or close friend will be enlightening today, and you might even put a new spin on your relationship. It's possible that someone will throw you a curveball.

Virgo Aug. 24 - Sept. 23
Something different will occur during your daily work routine today. New high-tech equipment might arrive, or someone unusual might suddenly join your ranks. Be ready.

Libra Sept. 24 - Oct. 23
A surprise invitation to a social event might delight you today. Sports events will be exciting. This also is a classic day for love at first sight.

Scorpio Oct. 24 - Nov. 22
A parent might say or do something today that you least expect. Something will happen within your family or at home that is exciting. You might bring home something new and high-tech.

Sagittarius Nov. 23 - Dec. 21
Today you're full of bright and clever ideas, because you easily can think outside the box. One thing is certain: Your daily routine will change. Be prepared.

Capricorn Dec. 22 - Jan. 20
You're full of clever money-making ideas today. However, something unexpected also might affect your earnings or finances. Keep your eyes open.

Aquarius Jan. 21 - Feb. 19
Today you feel restless and rebellious. Your freedom will be very important. This is why you have to do your own thing today.

Pisces Feb. 20 - March 20
Something hidden might catch you off guard today, but it might make you feel liberated. This also is a classic day for secrets to be revealed.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

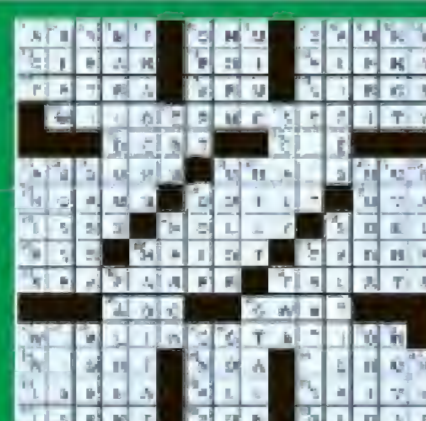


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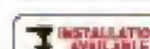
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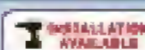
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